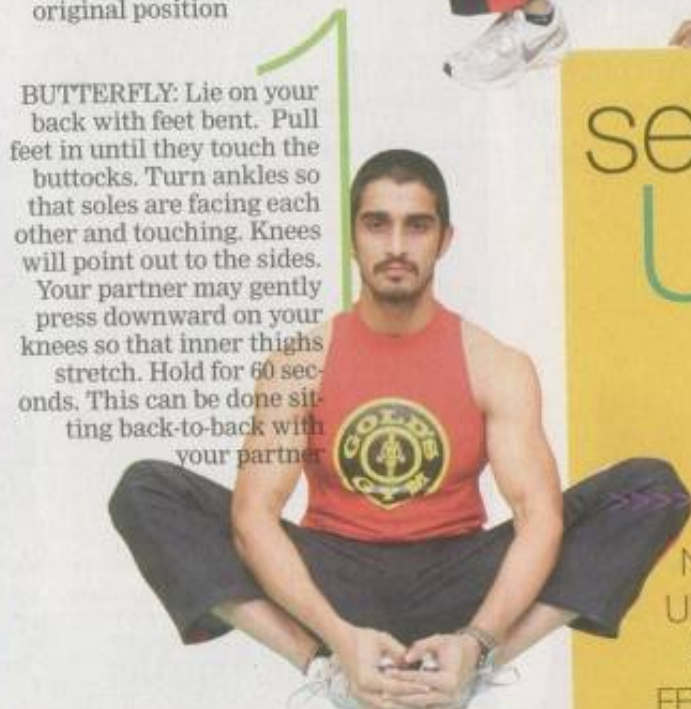




SQUAT: Stand with feet apart (in sync with shoulders). Extend arms in front. Push buttocks back and squat down till thighs are parallel to the floor. Knees should be in line with toes. Go back to original position



PUSH-UPS: Place your palms on floor in line with shoulders or a little wider. Place feet on floor slightly apart so that balance is on hands and toes. Let yourself drop in a line so that chest is closer to the floor. When chest is four inches away from floor, go back to original position. Beginners can do this with knees on the floor



BUTTERFLY: Lie on your back with feet bent. Pull feet in until they touch the buttocks. Turn ankles so that soles are facing each other and touching. Knees will point out to the sides. Your partner may gently press downward on your knees so that inner thighs stretch. Hold for 60 seconds. This can be done sitting back-to-back with your partner

sex it up!

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PLANK: Lie on the floor facing down. Place elbows below shoulders. Lift yourself up so that you are balancing on your forearms and your toes. Hold as long as possible. Maintain normal breathing. Repeat this two to three times taking rest for 15 to 30 seconds in between



PELVIC LIFT: Lie on your back with knees bent and little apart. feet should be flat on the floor and arms at the sides. Inhale clenching abdomen and buttocks. Lift pelvic until back is straight. take care not to arch back. Breathe as you hold position for 10 seconds and exhale as you lower body.

By Neeraj Surana

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Pics: Goutam Karmikar